



**YOGA**  
**FOR FIRST**  
**RESPONDERS**

**YOGA: The new skill set for processing  
STRESS and ENHANCING PHYSICAL / MENTAL  
PERFORMANCE**

**Where:** North Carolina Justice Academy (Edneyville Campus)

**When:** November 6 – 8, 2017

**Registration:** \$295

**Yoga for First Responders provides vital emotional wellness and mental-resiliency training in academy settings, in-service trainings, and community-based programs.**

Join top yoga, law enforcement, and firearms trainers to learn how process stress leading to enhanced tactical and mental skills.

Yoga for First Responders (YFFR) was created by Olivia Kvitne, a yoga instructor and published journalist who first offered trauma-sensitive yoga and resiliency training to the Los Angeles Fire Department and Los Angeles Police Department after having worked with veterans and military. YFFR roots itself in the foundation of Trauma-Sensitive Yoga and mindfulness while adding the element of physical challenges paired with mental training.

## **Class Descriptions:**

### **Building Resilience: Surviving Secondary Traumatic Stress with Major Darren Ivey**

Secondary trauma is the effect of witnessing and/or hearing about traumatic events; a side effect or result of seeing or hearing about acts of cruelty or suffering. Secondary trauma is a real and constant danger to first responders and can cause permanent and often profound change in officers. The good news is that if individuals, supervisors and senior staff collaborate, secondary trauma can be prevented and officers can learn and grow from their traumatic experiences. Positively dealing with secondary trauma boosts productivity, health, efficacy, morale and retention.

By the completion of training, the participants are knowledgeable about the police hiring process and different rank structures. Participants are also able to define and identify secondary trauma and risk factors; describe the mind-body connection to secondary trauma in work and life; access a variety of assessment tools and practices, reflect upon and develop coping skills to build resiliency for self and peer support. This is accomplished through course content that includes: challenges and barriers members face; alternatives to unhealthy coping; and a review of techniques to more effectively cope with work and life as first responders such as the Yoga For First Responders protocol.

### **Yoga for First Responders with Olivia Kvitne:**

This lecture and class will introduce trainees to the original intent of yoga, the neurological benefits of yoga, and the scientific research that backs it up. Trainees will learn Tactical Breath Work exercises, Physical Drills, and Neurological Reset techniques that make up the Yoga for First Responders protocol. These techniques can then be adapted to on the job skills for optimizing performance as well as self-de-escalation and emotional transitions from on-duty to off-duty.

### **Translating Yoga Practices to Law Enforcement Skills with Rick Largesse:**

Mobility equals survivability. Flat-range training seldom incorporates improvised shooting positions nor does it incorporate shooting under stress. The range portion of this training event will bridge the gap between Yoga and the tactical world by exposing the attendee to the benefits of breath control as well as core strength in the application of techniques shown to limit officer casualties while increasing combat effective marksmanship.

## **Removing The Body's Armor: Self-Myofascial Release for First Responders (SMR-FFR) with Jeff Masters**

Myofascial release was developed in the mid- 19th Century and was first mentioned in medical literature in the 1940's. It has evolved over the years from a purely hands-on practice into utilizing specific props and tools to achieve the release of restrictive connective tissues for a variety of issues.

Self-Myofascial Release For First Responders (SMR-FFR) is a technique developed in partnership with Yoga For First Responders, utilizing the same proven protocol-based techniques addressing the “issues in the tissues” and their impact on the mind and body.

## **YOGA: The New Skill Set for Processing Stress and Enhancing Performance**

### **Day 1, 11/6:**

08:00 - 12:00 Building Resilience: Surviving Secondary Traumatic Stress with Major Darren Ivey

13:00 - 16:00 Yoga for First Responders (YFFR) Introduction and class with Olivia Kvitne

### **Day 2, 11/7:**

08:00 - 09:30 YFFR: Combat Yoga with Olivia Kvitne

09:30 - 12:00 Translating Yoga Practices to Law Enforcement Skills Part 1 with Rick Largesse

13:00 - 15:00 Translating Yoga Practices to Law Enforcement Skills Part 2 with Rick Largesse

15:20 - 16:00 YFFR: Neurological Reset and Emotional Transitions with Olivia Kvitne

### **Day 3, 11/8:**

08:00 - 09:30 YFFR: Combat Yoga with Olivia Kvitne

09:45 - 12:00 Removing the Body's Armor: Self Myofascial Release Part 1 with Jeff Masters

13:00 - 15:00 Removing the Body's Armor: Self Myofascial Release Part 2 with Jeff Masters

15:15 - 16:00 YFFR: Yin Yoga and Neurological Reset with Olivia Kvitne

